## LIFT Service Project

## Grace Lutheran – Ladies in Faith Together

Share your love with others. Provide Period Packs and help us end period poverty. **PERIOD.** Making these simple kits is a chance to be an even greater blessing while offering women and girls a sense of dignity during their menstrual cycle.

### 📥 Donation Deadline

- **Where:** Fellowship Hall
- **When:** No later than **August 30 at Grace Ministry Committee Fair**
- **Options:** Donate individual supplies or fully assembled kits.

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### 🗓️ Event Details

- **Date:** July-August collect items in Grace Fellowship Hall. Kit assembly in September.
- **Recipient:** Palmetto Free Clinic (next door to Grace)
- **Goal:** Supply kits for clinic clients in need.

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### 🎒 What to Pack

Pack all items into **one 1-gallon resealable plastic bag**:

- **Hand Sanitizer:** Two 2 oz bottles
- **Trash Bags:** Three 4-gallon bathroom trash bags
- **Hand Wipes:** One travel-size pack (antibacterial, unscented, ~20 wipes)
- **Flushable Wipes:** One pack (unscented, 42 wipes or fewer)
- **Regular Tampons:** Five regular-absorbency tampons
- **Super Tampons:** Five super-absorbency tampons
- **Sanitary Pads:** Twelve unscented pads
- **Bar Soap:** One bath-size bar (3 oz+, wrapped, **no** Ivory or Jergens)
- **Laundry Sheets:** Six fragrance-free sheets (in a small separate Ziplock bag)

### 🛠️ Assembly Instructions

Place all items inside the 1-gallon bag. Remove excess air and seal tightly. All items must be new. Do not include notes, money, or extra items. *Supports health and confidence.*